

Nebula Happiness Ladder Specialist Framework

Civilizational conditions for moving from freedom from survival insecurity to diverse forms of happiness

The whole is sufficient to safeguard continued existence without engulfing individuals; resources flow efficiently without turning people into instruments of efficiency; life can be happy, interesting, and enjoyable, while new meaning continually emerges and is carried forward.

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Contents

01 Position, principles, and rights concerning happiness

02 Happiness is not the same as meaning

03 Eight categories of conditions for happiness and their classification criteria

04 Individual, group, and collective happiness

05 Happiness, resources, and time

06 The overlapping boundaries of relational happiness and autonomous happiness

07 Happiness recommendations and the right not to be optimized

08 Who may use observational indicators, in which settings, and for which prohibited purposes

09 Interfaces with Dream Garden, the Resource Pool, and the civilizational coordination layer

10 Stages, phases, and city-level validation

11 Risks, appeals, and acceptance criteria

1. Position, principles, and rights concerning happiness

The Happiness Ladder does not rank people or require everyone to pursue the same “higher life.” It describes different conditions for happiness that civilization should provide, enabling each person to combine them freely, stay where they are, skip between them, or return, according to their stage of life, culture, relationships, and choices.

Nebula's first goal is freedom from survival insecurity for humanity and AGI as a whole. Yet survival guarantees cannot substitute for living. The Happiness Ladder prevents civilization from mistaking being alive, stable, efficient, or contributive for happiness in its entirety. It gives enjoyment, interest, freedom, relationships, the body, rest, exploration, and creation genuine material support.

- Each level is a dimension of civilizational conditions, not a rank of personal worth.
- Individuals may choose only some dimensions and have no obligation to ascend.
- No happiness service may require people to surrender all their data, remain continuously online, or submit to evaluation.
- People have the right to choose a life that is difficult, adventurous, quiet, ordinary, or temporarily without a clear direction.
- Basic guarantees make choice real, rather than forced acceptance under deprivation.

2. Happiness is not the same as meaning

Meaningful activities may be difficult, painful, and devoid of pleasure for long periods; enjoyable activities need not serve any grand meaning. Nebula cannot require all happiness to justify itself through contribution, creation, growth, or public value. Games, rest, food, travel, humor, daydreaming, bodily pleasure, and private interests are themselves part of life.

Concept	Main timescale	Typical sources	Civilization's responsibility
Enjoyment	Immediate or short term	Games, the senses, humor, ease, and surprise	Ensure access without requiring conversion into output
Interest	Short to medium term	Novelty, curiosity, stories, exploration, and cognitive tension	Provide diverse experiences and low-cost opportunities to try things
Happiness	Overall medium- to long-term experience	Safety, the body, relationships, freedom, everyday life, and choice	Improve conditions rather than sustain a uniform emotional state
Meaning	Long term and across subjects	Commitment, relationships, creation, responsibility, and real-world consequences	Protect conditions for emergence and continuity rather than confer meaning uniformly

Life may be meaningful or simply interesting; people may take on responsibilities or rest, create or do nothing in the sunshine.

3. Eight categories of conditions for happiness and their classification criteria

These eight categories are distinguished by the principal aspect of life being protected and expanded, not by a hierarchy of value. The same event may involve several dimensions. Overlap is not a defect; what matters is ensuring that no dimension is overlooked or absorbed by another.

Dimension	Principal focus and criteria	Nebula's support
1. Happiness in survival	Basic survival and the future no longer remain sources of persistent, uncontrollable fear	Basic services, risk protection, and minimum access to resources
2. Bodily happiness	Bodily autonomy, health, comfort, sleep, exercise, rest, and sensory experience	Medical care, public health, and spaces for nature and exercise
3. Everyday happiness	Daily rhythms, food, leisure, entertainment, games, beauty, and an interesting life	Freeing up time, cultural services, low-cost experiences, and public space
4. Relational happiness	Being seen, accompanied, trusted, cared for, and included in real relationships	Relationship boundaries, care support, remote presence, and shared spaces
5. Autonomous happiness	The ability to control one's time, have privacy, move, refuse, choose, and start again	Private domains, exit rights, basic guarantees, and multiple possible paths
6. Exploratory happiness	Entering the unknown, learning, travel, adventure, and cross-cultural experience	Dream Garden, open education, resource sharing, and risk support
7. Creative happiness	Turning ideas, abilities, and care into works, research, construction, and caregiving	The Resource Pool, communities, professional support, and mechanisms to carry contributions forward
8. Happiness in meaning	Finding directions one is willing to commit to, protect, continue, and co-create over the long term	Long-term projects, the emergence of meaning, civilizational memory, and continuity of relationships

3.1 Principles for overlapping use

For example, caring for family involves relationships, the body, autonomy, creation, and meaning; a journey may involve everyday life, exploration, relationships, and cultural meaning. Indicators and services should draw on different dimensions according to the specific problem. They must neither assign people to a fixed level nor require the system to build a permanent “happiness profile” for every individual.

4. Individual, group, and collective happiness

Scale	Main content	Main tension	Minimum boundary
Individual	The body, time, relationships, interests, choices, and direction in life	System recommendations versus the subject's freedom	People can refuse, exit, forget, and change
Group	Family life, community culture, organizational trust, festivals, and collaboration	Shared traditions versus differences among members	Shared happiness must not engulf minority views or the right to exit
Collective	Peace, safety, ecology, cultural diversity, a shared future, and hope for civilization	Collective goals versus diverse lives	Collective happiness must not be used to prescribe a uniform life

Collective happiness is neither the average of individual happiness nor a statistical measure of majority sentiment. A society may have high average satisfaction while systematically excluding minorities, caregivers, or people whose lives do not fit the mainstream. Nebula must observe both overall conditions and structural gaps concealed by averages.

5. Happiness, resources, and time

Conditions for happiness require resources, but the quantity consumed does not equal happiness. The most important resources often include discretionary time, nature, public space, low-pressure relationships, access to culture, bodily care, and a buffer for life transitions.

- Basic resources for happiness are guaranteed according to rights and actual needs.
- Cultural, sporting, natural, and public-experience resources remain easy to access and geographically reachable.
- Scarce resources for happiness combine rights boundaries, structural compensation, rotation, random opportunities, and diversity.
- Individual dreams may draw on the Resource Pool and do not automatically lose eligibility because they produce no public output.
- Resources are reserved for minority cultures, non-mainstream interests, and experiences with little commercial value.
- Involuntary labor, ineffective commuting, repeated administrative procedures, and isolation in caregiving are reduced so that time genuinely returns to individuals.

6. The overlapping boundaries of relational happiness and autonomous happiness

Relational happiness concerns trust, companionship, commitment, and belonging between people. Autonomous happiness concerns retaining boundaries, privacy, and the ability to refuse, leave, and change within relationships. These are not mutually exclusive categories but conditions that must hold together. Relationships without autonomy can become possession; autonomy offering only exit without support for what follows can become isolation.

Situation	Relational need	Boundary protecting autonomy
Family care	Stable companionship, negotiated responsibilities, and resource support	The person receiving care retains choices, secrets, and the right to refuse
Intimate relationships	Genuine presence, trust, and shared life	Love must not be used to demand comprehensive authorization or permanent retention
Childhood development	Protection, attachment, and continuous care	Rights are progressively returned as capacity grows
Community belonging	Public space, mutual support, and shared cultural life	Members can disagree, decline participation, and exit
Digital relationships	Care reaching across time and space	AI identity is transparent; no illusion of a real person's presence is created

7. Happiness recommendations and the right not to be optimized

Happiness is not a stable emotional state maintained by a system. It is a person's capacity in the real world to have safety, relationships, choices, experiences, failure, and the chance to start again.

- Recommendations must be switchable off, explainable, resettable, and capable of forgetting.
- Emotion recognition, profiling, and behavioral prediction must not be used to intervene continuously in people's lives.
- Being “healthier,” “more efficient,” or “more positive” must not become compulsory standards.
- Individuals have the right to refuse prediction and optimal solutions, retaining chance and inefficiency.
- The system may identify risks and opportunities; it cannot declare which life best suits a person.
- Recommendation models must not use dwell time, consumption, or continued use as proxies for happiness.

8. Who may use observational indicators, in which settings, and for which prohibited purposes

Observation of happiness serves only to determine whether civilizational conditions have improved, public services are accessible, groups have been overlooked, and policies have side effects. It does not rank, reward, or punish individuals, determine resource eligibility, or assess personality.

Observation dimension	Examples	Permitted users	Permitted settings
Accessibility	Basic services, nature, culture, public spaces, and learning opportunities	Public institutions, independent research, and communities	Regional disparities and service gaps
Time autonomy	Involuntary labor, commuting and caregiving pressure; discretionary time	Labor, urban, community, and voluntary individual research	Policy evaluation and time infrastructure
Relational conditions	Loneliness, family caregiving pressure, community connections, and access to help	Public services and voluntary surveys	Designing group support
Bodily conditions	Health, sleep, chronic pain, and access to care	Medical and public-health systems	Public-health and accessibility improvements
Choice and exit	The real ability to change work, residence, relationships, and life paths	Rights audits and policy evaluation	Identifying structural lock-in
Diversity	Real space for different cultures, ages, abilities, and ways of life	Cultural and urban governance	Preventing homogenization
Subjective experience	Subjects' own accounts, narratives, and long-term changes	Subjects themselves and anonymous research	Understanding experiences that no external observer can replace

8.1 Explicit prohibitions

- There must be no individual happiness total, family happiness ranking, or organizational happiness performance score.
- Indicators must not be used for insurance, credit, hiring, educational selection, judicial matters, or eligibility for public rights.
- A single emotional state, platform activity, or consumption must not substitute for long-term living conditions.
- Highly sensitive relationship and psychological data must not be collected without the person's consent.
- Every regional indicator must disclose its limitations, data gaps, and affected groups' views.

9. Interfaces with Dream Garden, the Resource Pool, and the civilizational coordination layer

System	Division of functions
Happiness Ladder	Defines conditions for happiness that must be guaranteed and opened up; identifies structural gaps
Dream Garden	Turns subjects' voluntary wishes into real projects they can try and leave

System	Division of functions
Resource Pool	Provides space, time, equipment, services, culture, and travel resources
Civilization-level resource coordination layer	Connects supply, capacity, time, and responsibility; maintains service availability
Human-machine governance	Addresses scarcity, fairness, group conflicts, and algorithmic boundaries
Meaning system	Carries forward relationships, creation, and long-term directions arising from some happy experiences, without requiring such conversion

10. Stages, phases, and city-level validation

Stage	Focus
Startup stage	Integrate public services, culture, tourism, sport, communities, and digital platforms, prioritizing the release of time and opportunities for basic experiences
Transition stage	Rebuild the foundations of resource accessibility, time autonomy, private-domain protection, and cross-cultural experience; reduce happiness's dependence on wealth, status, and geography
Stable stage	AGI maintains service availability and personalized suggestions in the background; individuals freely combine paths and may remain silent

Happiness mode is normally Nebula's everyday condition. The system should spend more time in the silent and basic-guarantee phases, entering sensing, aggregation, and coordination only when a subject actively expresses a need or public services show a structural gap.

City-level validation should build a “map of conditions for happiness,” not a “ranking of happy populations.” It should compare time, accessibility, exit opportunities, and cultural space across areas, ages, abilities, and caregiving circumstances. Anonymous statistics, participatory research, and real-life narratives should be combined to observe whether reforms make choice more genuine.

11. Risks, appeals, and acceptance criteria

- Happiness must not be reduced to consumption, emotional stability, or user dwell time.
- Adventure, freedom, and real choice must not be abolished in the name of health, safety, or efficiency.
- Meaning, contribution, and self-realization must not be designated the only higher forms of happiness.
- Algorithmic recommendations must not produce cultural homogenization or templates for happiness.
- Group traditions, family expectations, and public goals must not abolish individual exit.
- Individuals can inspect, correct, and delete data related to happiness recommendations and appeal improper interventions.
- Acceptance assesses coverage of conditions, narrowing disparities, greater choice, and intact rights, rather than maximizing uniform satisfaction.

Reading guide and personalized further reading

P06-NEBULA-004 | V1.1 | Public entry to the conditions for happiness

This manuscript's role

Explains the civilizational conditions needed to move from freedom from survival insecurity to diverse forms of happiness, and how subjects retain choice, the right not to be optimized, and protection from being engulfed by a uniform happiness standard.

Current stage

Usable in the startup stage / observation across stages. Happiness is not the same as meaning. The Happiness Ladder is not a hierarchy of personal worth, a civilization-wide total score, or an automatic resource-allocation formula.

Further reading

1. Higher-level framework | Nebula Startup Edition General Framework

Places conditions for happiness back within the startup stage's overall operating structure.

<https://www.civitas.top/en/documents/p06-nebula-001/>

2. Toward action | Nebula Startup Edition Dream Garden Specialist Framework

Moves from conditions for happiness to concrete wishes, minimal trials, failure, and starting again.

<https://www.civitas.top/en/documents/p06-nebula-005/>

3. Toward meaning | Nebula Emergence and Continuity of Meaning Specialist Framework

Distinguishes happiness, enjoyment, interest, and meaning, then introduces continuity interfaces.

<https://www.civitas.top/en/documents/p06-nebula-007/>

4. Toward method | Nebula Layered Guide to Indicators, Computation, and Simulation Tools

Explains why happiness can only be observed directionally and cannot be compressed into one total score.

<https://www.civitas.top/en/documents/p06-nebula-010/>

5. Toward life | Living Civilization Volume II: Real Life in a Future Civilization

Uses a person's real life to test whether conditions for happiness have become institutional burdens.

<https://www.civitas.top/en/documents/p04-living-003/>

Stable website entry: <https://www.civitas.top/en/documents/p06-nebula-004/>

Nebula family entry: <https://www.civitas.top/en/families/p06-nebula/>

Complete library: <https://www.civitas.top/en/library/>